

The following resources are available to all UTHealth faculty, staff, residents and fellows



PODCAST: *Understanding our Relationship with Money*

This episode hosts the CEO of Your Money Line, Peter Dunn, a.k.a. Pete the Planner. Pete is an award-winning comedian and an award-winning financial mind. He's a USA TODAY columnist and the author of ten books. He is the host of *The Pete the Planner Show*, a popular radio show and podcast. Pete has appeared regularly on CNN Headline News, Fox News, Fox Business .

The episode takes us on a journey to reflect on how our spending choices may affect our values. To accomplish this, it challenges us to look at our bank records and reflect on what our spending patterns tell us about our priorities.

[Read more about Your Money Line](#)

Listen Now



SPRING WELLNESS CHALLENGE

Feel Like a Million is a board game-themed wellness challenge to increase energy and help participants feel their best.

Participants can join a virtual team to stay motivated and committed to their health goals. You may participate on your own or form a team of 3-5 people. There are fun prize drawings each week of the challenge.

Learn more about *Feel Like a Million*, then be sure to opt in by Friday April 8.

- Register: March 21 - April 8
- First day to log: April 4
- Last day of challenge: May 1
- Last day to log: May 3

Read More & Register



VIRTUAL MEDITATION - 15 minute break
Meditation focus for April: Calm during uncertainty

Mondays
12:00pm - 12:30pm
Join Zoom Session
In person @ 12 noon JJL 454

Wednesdays
12:00pm - 12:15pm
Join WebEx Session
Join by phone: 1-844-621-3956
Access code: 803 952 424

Thursdays
4:15pm - 4:30pm
Join WebEx Session
Join by phone: 1-844-621-3956
Access code: 803 065 284



NOURISH PROGRAM - Virtual Cooking Classes

April 7 @ 12 - 1 p.m. - Dress it Up!
Learn More & Register

April 21 @ 12 - 1 p.m. - Preppy Pasta Salads
Learn More & Register

Join us from the comfort of your office or cook along with us from your home kitchen.
Brought to you by the UTH School of Public Health
Contact: Diana.Guevara@uth.tmc.edu and (713)500-9327

**Visit our
Website**

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